Monastic Schedule and Liturgical Hours
According to the Rule of Saint Benedict

Summer horarium (Easter to October 31st)

Rise: 8th hour of night (3AM)

Short break after Matins, then Lauds at dawn.

Winter horarium (November 1st up to Easter)

Rise: 8th hour of night (3AM)

Time after Matins to study (Longer night)

Times for the Hours (Times are approximate.)

Matins	3AM	Sext	12PM
Lauds	5AM	None	2:30PM
Prime	7AM	Vespers	5PM
Terce	9AM	Compline	8PM

Office Hours Structure

General Matins Structure

O God come 1x
O Lord open 3x
Ps. 3
Ps. 94
hymn
6 psalms w/ antiphons
versicle
Abbot blessing

Winter Nov. 1 up to Easter
3 lessons w/ responsories
Glory be at end of 3rd lesson
Summer Easter to October 1
lesson from Old Testament by heart w/short resp.

6 psalms w/ alleluias
lesson from Apostle by heart
versicle
kyrie

Sunday Matins (Summer and Winter)

O God come 1x
O Lord open 3x
Ps. 3
Ps. 94
hymn
6 psalms w/ antiphons
versicle
Abbot blessing

4 lessons w/ responsories (Glory be before the 4th lesson)
6 psalms w/ antiphons
versicle
4 lessons w/ responsories

3 canticles from Prophets w/ alleluias

versicle
Abbot blessing

4 lessons from the New Testament w/ responsories

Te Deum laudamus

Lesson from the Gospel (all stand) "Amen"
Te decet laus
Abbot blessing
Lauds immediately

Other Hours

Hour	Structure
Lauds	4 psalms canticle 3 psalms lesson responsory hymn versicle canticle (Benedictus) kyrie Our Father
Prime	hymn 3 psalms (Gloria after each) lesson versicle kyrie Our Father
Terce Sext None	hymn 3 psalms lesson versicle kyrie Our Father
Vespers	4 psalms lesson responsory hymn versicle canticle (Magnificat) kyrie Our Father
Compline	3 psalms hymn lesson versicle kyrie Our Father Abbot Blessing

Psalms Schedule *(Psalm numbering of the Vulgate)*

Hour	Sun	M	T	W	Th	F	S
Matins 3 94	20 21 22 23 24 25	32 33 34 36/36 37	45 46 47 48 49 51	59 60 61 65 67-67	73 74 76 77-77 78	85 86 88- -88 92/75 93	101 102 103- -103 104-104
	26 27 28 29 30 31	38 39 40 41 43 44	52 53 54 55 57 58	68-68 69 70 71 72	79 80 81 82 83 84	95 96 97 98 99/91 100	105-105 106- -106 107 108
Lauds 66 50 or for feast 92 99 End with 148 149 150	117 62 Cant.	5 35 Cant.	42 56 Cant.	63 64 Cant.	87 89 Cant.	75 91 Cant.	142 Cant. div
Prime	118 Aleph Beth Gimel Daleth	1 2 6	7 8 9-	-9 10 11	12 13 14	15 16 17-	-17 18 19
Terce	118 He Waw Zayin	Nun Samek Ayin	119 120 121	repeat T	repeat T	repeat T	repeat T
Sext	118 Heth Teth Yod	Pe Sadhe Qoph	122 123 124	repeat T	repeat T	repeat T	repeat T
None	118 Kaph Lamed Mem	Resh Sin Taw	125 127 127	repeat T	repeat T	repeat T	repeat T
Vespers	109 110 111 112	113 114 115-116 128	129 130 131 132	134 135 136 137	138-138 139 140	141 143-143 144-	-144 145 146 147
Compline 4 90 133							

Daily Work and Study Schedule

Easter to September 31st

Time	Activity
Prime – 10AM	work
10AM – 12PM	lectio
12 PM - 2:30PM	rest
2:30PM - evening	work

October 1st to Lent

Time	Activity
lectio till 8AM	lectio
8AM – 3PM	work
3PM	dinner, lectio

Lent

Time	Activity
lectio till 9AM	lectio
9AM – 4PM	work

Meal Times Throughout the Year

Season	Time
Easter to Pentecost	Fast until 12PM (the "6th hour")
Pentecost to Sept 13	Wed + Fri. fast until 3PM Other days till 12PM
Sept 13 to Lent	Fast till 3PM Sundays + Festivals till 12PM
Lent to Easter	Fast till 5PM